



## Policy on Mental Health

Danes Hill School promotes the mental and physical health and emotional wellbeing of all its pupils. Wellbeing is at the forefront of the School's PSHE programme and promoting good mental health is a priority. The physical, mental and emotional health benefits of exercise are well documented and the school actively encourages sport for all. Other ways that Danes Hill promotes mental and physical health and emotional wellbeing are listed below.

- (i) Banning smartphones, providing safe monitored access to the internet as an additional educational resource
- (ii) Providing a full rich and varied timetable of studies and physical activity, so their day is full of fun and excitement
- (iii) Providing an array of before-and-after-school clubs
- (iv) Providing outstanding, caring, teaching staff
- (v) Providing an excellent environment and facilities
- (vi) Providing excellent catering facilities ensuring that all children and staff are given a full range of healthy and nutritional meals daily
- (vii) Providing presentations by childnet to pupils, staff and parents on cyber-bullying and the use of social media and advice on how to stay safe online
- (viii) Providing information evenings for parents on a range of pastoral issues including parenting courses
- (ix) Providing a framework and structure which enables children and staff to report any concerns or worries to the appropriate person

This policy has been authorised by the Governors, addressed to all members of Staff, Board of Governors and volunteers and, is available to parents on request and is published on the school website. This policy can be made available in large print or other accessible format if required. It applies wherever staff or volunteers are working with pupils even where this is away from the School, for example on an educational visit.

### Child Protection Responsibilities

Danes Hill School is committed to safeguarding and promoting the welfare of children and young people, including their mental health and emotional wellbeing, and expects all staff, Governors and volunteers to share this commitment. We recognise that children have a fundamental right to be protected from harm and that pupils cannot learn effectively unless they feel secure. We therefore aim to provide a school environment which promotes self-confidence, a feeling of self-worth and the knowledge that pupils' concerns will be listened to and acted upon. Every pupil should feel safe, be healthy, enjoy and achieve, make a positive contribution and achieve economic wellbeing (Every Child Matters, 2004, DfES).

The School has appointed a senior member of staff (Mental Health Lead, MHL) with the necessary status and authority to be responsible for matters relating to mental health. Parents are welcome to approach the MHL if they have any concerns about the welfare of the mental health of their child.

In addition to the child protection measures outlined in the School's policy, the School has a duty of care to protect and promote a child or young person's mental or emotional wellbeing.

#### Identifiable mental health issues

It is important for staff to be alert to signs that a child might be suffering from mental health issues. Mental health issues come in many forms and manifest themselves in a wide range of ways including:

1. Anxiety and Depression
2. Eating disorders
3. Self Harm

Two important elements enabling the School to identify mental health issues are the effective use of data (i.e. monitoring changes in pupils' patterns of attendance/academic achievement) and an effective pastoral system whereby staff know pupils well and can identify unusual behaviour.

#### Referral of Mental Health Issues

If any employee suspects that a child has a mental health issue, they must report it immediately to the MHL and not try to deal with it in isolation without guidance and support.

R. Andrews 13<sup>th</sup> February 2018